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ABSTRACT

The brochure briefly describes approximately 50 cookbooks and related materials appropriate for use with special populations. For most entries, title, author, source, price, and a brief description are provided. Entries include general cookbooks, large print and Braille cookbooks, cookbooks for special diets, cookbooks for special conditions, cookbooks for children and non-readers, recipes on computer disks, and cassette tape cookbooks. Also noted are several additional sources of cookbooks or pamphlets and a nutritional quiz. (DB)

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PAM REPEATER

COOKBOOKS AND GOOD EATING

COOKBOOKS FOR SPECIAL POPULATIONS

No. 62

JUNE 1990
Arselia Ensign, Editor

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Voice or TDD

LET'S EAT

Eating is a basic in our lives. Be they good or bad choices, we all either eat to live or live to eat. Jeff Smith, "The Frugal Gourmet" of TV fame, is quoted as saying, "Cooking is the last language we have for communicating our culture. Feasting and memory are directly related. If you want to remember who you are, teach your children to cook. But unless you want your children to learn only how to defrost, you must learn your grandmothers' recipes for dishes that define your heritage."

Thus, the reason for this REPEATER, "Cookbooks and Good Eating". We cannot list all the many thousands of cookbooks which are available. A browse through your local bookstore will reveal many more interesting titles. We hope, with these reviews of special cookbooks and sources, you, too, may be tempted to stray into the kitchen, trying various recipes, finding a way to keep to that "special diet", or just a time to enjoy yourself. Many of us spend long hours in various forms of employment, volunteerism, or care of a special person, so our time is very limited.

Some of the cookbooks we have discovered here at PAM Centre are helpful in various situations. The price and availability of the listings are subject to change.

Emily Brook, Editorial Assistant
PAM Assistance Centre

TIPTOEING THROUGH THE KITCHEN, by Patricia Galbreaith, published by Sunshine Publishing, P O Box 470261, Fort Worth, TX, 47061. Price: $9.95 plus $1.50 postage and handling. By taking advantage of new techniques and technology, as well as rearranging cabinets and appliances, and utilizing a variety of convenience foods, a person should be able to work with confidence despite complications of time, age, sight impairments or physical limitations. Also included in this book are tips for kitchen modifications, special kitchen utensils, and ideas for "doing it the easy way". Type size is not enlarged.

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THE ORIGINAL 4 INGREDIENT COOKBOOK, by McClay and Miech, published by HP Books, P. O. Box 5367, Tucson, AZ 85703, and available from Laurel Designs, 5 Laurel Ave, A1, Belvedere, CA 95920. Price: $8.00 plus $1.00 handling. This cookbook has everything from appetizers to desserts and more! It contains 320 quick, easy and good recipes, using four ingredients (more or less). This might be interesting for both serious and would be cooks who love to eat and entertain but sometimes need to get out of the kitchen quickly! It is recommended for cooks with physical limitations or developmental disabilities.

MEALTIME MANUAL, BK 3238, is available through Enrichments, 145 Tower Drive, P.O. Box 579, Hinsdale, IL 60521, is priced at $7.50. This revised and updated edition for people with disabilities, and the aging includes sources of equipment, techniques to save energy and adaptations for persons with physical limitations. Contains recipes and suggestions. 267 pages.

LARGE PRINT AND BRAILLE COOKBOOKS

NEW YORK TIMES LARGE TYPE COOKBOOK, by Jean Hewitt. Published by Bonanza Books, New York, and distributed by Crown Publishers, Inc. One Park Ave., New York, NY 10016. Price: $12.95. Elegant simplicity is the keynote of each of the 300 recipes in this book. It is written for beginning as well as experienced cooks, with step-by-step instructions. The large type is easy to read and each recipe is on a separate page.

THEORY AND PRACTICE OF GOOD COOKING (in large print), by James Beard, who is one of America's expert chefs. There are 250 recipes, with step-by-step instructions, in this information-packed guide to good cooking. The price: $12.95. Available from L S & S, P.O.Box 673, Northbrook, IL 60065.

THE FRUGAL GOURMET LARGE PRINT COOKBOOK, by Jeff Smith, is available from L S & S, P.O. Box 673, Northbrook, IL 60065. It contains more than 400 recipes from a rich assortment of international cuisines, as well as invaluable cooking tips and techniques. Price: $11.95

ONE IS FUN, by Delia Smith, published by Ulverscroft Large Print Books Limited, 279 Boston Street, Guilford, CT 06437. The price is $13.95. A practical and imaginative large print cookery book, it features specially devised recipes for one person.

For those using braille, there is a **FREE** cookbook, **TASTY...TANTALIZING, RECIPES FROM THE KITCHENS OF EQUAL,** using Nutrasweet brand sweetner. These recipes are aimed at persons with diabetes and others using the 1986 Revised Diabetic Exchange Lists for meal planning. For a FREE

braille copy call 1-800-323-5316 or write: Equal Consumer Affairs, Box 830, Deerfield, IL 60015.

OUR SPECIAL COOKBOOK ($3.00), and **OUR SPECIAL COOKBOOK: FROM OUR KITCHEN TO YOURS** ($7.50) are special cookbooks in Braille. They may be obtained from National Braille Press, 88 St. Stephen Street, Boston, MA 02115.

EASY WAYS TO DELICIOUS MEALS - A CAMPBELL COOKBOOK provides a resource of recipes in large print or braille. This is **FREE** and is available from Volunteer Services for the Blind, 919 Walnut Street, Philadelphia, PA 19107.

FROM THE LOUISIANA STATE LIBRARY FOR THE BLIND AND PHYSICALLY HANDICAPPED the following and other books, on cooking, food, diet and nutrition are available in braille or on cassette or disk from the Louisiana State Library, Section for the Blind and Physically Handicapped, 760 Riverside, North Baton Rouge, LA 70802-5232.

THE BRAILLE COOKBOOK (BR 639) by Marjorie S. Hooper, contains not only a variety of recipes, but purchasing and storage hints. An unusual feature is the separate booklet of gummed labels for cans and cartons.

BETTY CROCKER'S NEW AMERICAN COOKING (BR 5692) by Betty Crocker, is a basic guide including recipes for a full range of foods. Included are tips for creative use of microwave ovens and evaluation of advantages and limitations of microwaving.

COOKING FOR MYSELF (BR 4232) by Mirelle Beaulieu, is a compilation of tasty nutritious recipes for use by single people of all kinds—senior citizens, students, working men and women. Portions are single and preparation time is minimal, as is the fuss and muss involved.

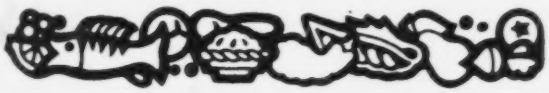
COOKING WITHOUT RECIPES (BR 1629) by Helen Worth, concentrates on fundamental cooking principles with the basic assumption that cooking is an art based on a science. Gourmet recipes have been adapted to fit contemporary food and equipment. It includes a helpful potpourri of cooking aids.

OUR SPECIAL, a publication from National Braille Press, 88 St. Stephen Street, Boston, MA 02115, is published 10 times a year and is FREE. It features concerns of blind women in careers, cooking, crafts, etc.

Audio-Reader Service of the University of Kansas has a cookbook, which is available in braille, on cassette, in print and on computer disk. It contains a wide variety of recipes ranging from the unusual

and wacky to the everyday. Recipes such as dog biscuits, glass cleaner and Frank's Dirt Cake are included—yes, they are edible! The braille version, which consists of two soft cover volumes, costs $12.00. The professionally recorded, tone and voice indexed version costs $10.00 and includes a storage case. The print and computer disk versions cost $5.25 each,. The computer disk version is available as either Apple or MS-DOS text files, (please specify). Make checks payable to Audio-Reader Network and send them to: P O Box 847, Lawrence, KS 66044.

MICROWAVE TIMES, is a bimonthly cooking magazine available in braille ($34 yearly) and on tone-indexed cassette with a 6-slot storage album included ($31 yearly). The Microwave Times features an average of 45 recipes per issue, tips and techniques of microwave cooking. For information, write to CL Productions, 2905 Berkshire Drive, Mesquite, TX 75150.



COOKBOOKS FOR SPECIAL DIETS

THE ALLERGIC GOURMET, by June Roth, is published by Contemporary Books, Inc., 180 North Michigan Ave., Chicago, IL 60601. From a forward on "How to Cope with Food Allergies" , the book offers sections on special allergy recipes which are labeled as glutin, egg or dairy free.

COOKBOOK FOR DIABETICS AND THEIR FAMILIES, by Betty Darnell and registered dietitians at U. of AL Hospitals in Birmingham. Price: $9.95 plus p/h. If you are looking for a sensible, plain-but good- cookbook, borrow some ideas from a book designed to keep persons with diabetes satisfied and "on course". Each recipe is preceded by an "exchange" which is helpful for planning menus for a person with diabetes. This book can be a big help in making a pleasure out of the necessity for fixing food for a diabetic as well as the whole family. It can be ordered from Southern Living Books, P.O. Box 2463, Birmingham, AL 35282.

EASY-DOES-IT COOKBOOK, published by Arthritis Foundation, Middle-East Tennessee Division, 1719 West End Building, Suite 619, Nashville, TN 37203. Price: $6.95. This collection of recipes is basic and will help make food preparation easier for you. The book contains an equivalent chart, metric conversion chart, substitution chart and nutrition labeling chart. The recipes are fairly easy to prepare and do not ask for unusual items.

The American Dietetic Association lists the following books :

THE AMERICAN HEART ASSOCIATION LOW-FAT, LOW-CHOLESTEROL COOKBOOK, by Times Books. Price: $18.95. The 200 recipes are healthy variations of foods people normally cook. Minor changes make them lower in fat and cholesterol.

EATER'S CHOICE: A FOOD LOVER'S GUIDE TO LOWER CHOLESTEROL, by Ron and Nancy Goor, published by Houghton Mifflin. Price: $11.95. This book is jam packed with charts, guides, and food tables. Recipes are healthful and yummy.

LIVING LEAN AND LOVING IT, by Eve Lowry and Carla Ennis, published by Mosby Co. Price: $19.95. The authors help consumers reshape eating programs into ones that are low in fat and sugar. Each recipe has an easy-to-read bar graph of information on fiber, nutrients, sodium and calorie content.

THE AMERICAN CANCER SOCIETY COOKBOOK, by Anne Lindsay, published by Hearst Books. Price: $17.95. This is a treasure of useful tips and recipes for transforming your diet into one that could lower your risk of cancer and heart disease.

LOW CHOLESTEROL CUISINE, by Anne Lindsay and published by Hearst Books, is priced at $17.95. From appetizers to desserts, this book provides more than 200 easy-to-prepare recipes. It helps make the transition from potentially dangerous dishes to healthful ones without sacrificing convenience or flavor.

COOKBOOKS FOR SPECIAL CONDITIONS

THE AFTER-50 COOKBOOK, by Donna Hamilton, published by Castle Books, division of Book Sales, Inc. of Secaucus, NJ. Price: $13.50 and can be ordered from the publisher. The research and recipe-testing for this collection has suggestions for vitality and versatility in cooking for one or two people. Instructions are simple, explicit and uncluttered with superfluous procedures. It is a collection to meet most personal food preferences or diets, all occasions, what is on the pantry shelf or in the pocketbook..and the weather, if need be. For easier reading, this book has larger size type than most cookbooks.

COOKING WITH FRAGILE HANDS , by Beverly Bingham, O.T.R., published by Creative Cuisine, Inc., P O Box 518, Naples, FL 33939. Cost: $17.00 (softback), or $20.00 (hardback) This book is designed to help millions of people who suffer from arthritis, multiple sclerosis and other distressing

diseases which affect the hand, maintain independence in the kitchen. All motions have beeh task analyzed for ease of preparation. Sprinkled liberally throughout the book are hints and tips for those cooks with fragile hands.

SPECIAL COOKBOOK FOR A PHYSICALLY CHALLENGED COOK is prepared and distributed by A Positive Approach, Inc., 1600 Malone St., Municipal Airport, Millville, NJ 08332. Price: $12.95. This cookbook is geared to the simplist methods. Diagrams show utensils and special cooking implements designed especially for someone who is physically challenged. From limitations caused by arthritis to one arm cooking..it can be done!

THE WHEELCHAIR GOURMET, by Mary Blakeslee, published by General Publishing Co., Ltd. and available from Maddak, Pequannock, NJ, 07440-1993. This book contains a tantalizing array of mouth-watering recipes ranging from Gazpacho soup to Chicken Divan to Strawberry Bavarian. Mary Blakeslee, a wheelchair gourmet, recognizes the problems which the disabled cook faces, and she solves these problems by emphasizing the use of small appliances and by keeping recipes simple and low in calories. The text is easy to follow, well organized and spiced with plenty of humor.

EATING IN; THE OFFICIAL SINGLE MAN'S COOKBOOK, by Rich Lippman and Jose Maldonado, is billed as a book to fill the gap between Mrs. Paul and Julia Child. Price: $8.95 plus $2.00 postage and handling. This book, " for the cooking-impaired", is a guide to help bachelors learn how to slice, dice and entice. For bachelors with a fear of frying, this is a good place to start. The book is available from CorkScrew Press, P.O. Box 2691-P, Silver Spring, MD 20902.

COOKBOOKS FOR CHILDREN AND NON -READERS

101 PICTURE RECIPES, by Rose Redmond, distributed by ARC/OC, 246 S. River, #31, Holland, MI 49423. Call (616) 396-1201 for information. This is a cookbook where all recipes show pictures of ingredients and pictures of how to prepare them. It is designed for those who cannot read a recipe. A teaching booklet can be obtained.

KINDER-KRUNCHIES, by Karen Jenkins, distributed by Discovery Toys, Pleasant Hill, CA 94523. A fun book of healthy snack recipes written for children. It contains lots of fun questions and things to try with food. It is designed to make cooking and eating an adventure.

KIDS IN THE KITCHEN, available from Environments, Inc., P.O. Box 1348, Beaufort Industrial Park, Beaufort, S.C. 29901-1348, is priced at $9.95. An exciting collection of yummy recipes from many places, it is easy to read and accompanied by written symbols and pictures. From nutritious snacks to home-made play dough, children share the fun of learning while doing.

ADVENTURES IN BASIC COOKING Help teach children fundamental culinary skills with this introduction to range, oven, and microwave cooking. It includes 16 recipes and lists common cooking terms and techniques. Available from Whirlpool Corp., Appliance Information Service, P.O. Box 5551, Kalamazoo, MI 49003-5551.

ALPHA-BAKERY CHILDREN'S COOKBOOK, is available from Gold Medal Flour, P.O. Box 5401, Dept. 849, Minneapolis, MN 55460. Price: $1.00. Containing twenty six easy recipes from Apple Crisp to Zebra Stripe cookies, this colorful book helps a child learn the ABCs of baking.

A SPECIAL PICTURE COOKBOOK, is available from Edmark Corporation, P.O.Box 3903, Belleville, WA 98009-3903. This cookbook uses standard drawings of ingredients and utensils and color-coded drawings for measurements instead of words. It was developed for use in teaching mentally retarded children to cook. It is also useful for nonreaders. Price: $13.00 plus postage and handling.

LOOK 'N COOK, a cooking program for non-readers, is available from Attainment Company, P.O. Box 103, Oregon, Wisconsin, 53575. Price: Cookbook $36.00, Video LOOK 'n COOK $29.95. This program is designed for persons with developmental disabilities and non readers who want to increase their independence at home. It teaches food preparation, nutritional meal planning and shopping skills. There are 80 color-coded recipes with detailed instructions.

SIMPLY COOKING, by Valerie Taylor, et al, is available from Edmark Corporation, P.O. Box 3903, Bellevue, WA 98009-3903. Price: $14.95 . This book is written to make cooking easy and fun for those who are just learning to cook, those who want a simple guide to cooking or persons with a limited reading capability. It contains 45 recipes and is divided into eight major sections. Each section is arranged in progression from simple to more complex.

TIME TO EAT COOKBOOK, written by Sue John and published by Philomel Books, a division of The Putnam Publishing Group, 200 Madison Ave., New York, NY 10016. Price: $6.95. Interesting recipes, with pictures showing "how to do it", are featured.The book is colorful and easy to read. It is in regular size print.

SIMPLY GREAT COOKING INSTRUCTION, a new publication from the Materials Development Center, University of Wisconsin-Stout. It was designed by an instructor to teach other instructors. It can be used to develop recipes for use by individuals with mental disabilities, preschoolers, and with functionally disabled. It is simply written, for those with some reading abilities, and has basic simplified instructions for individuals with limited abilities. The price is $18.00 plus $2.50 shipping and handling. Order from: Materials Development Center, Stout Vocational Rehabilitation Institute, University of Wisconsin-Stout, Menomonie, WI 54751.

GETTING READY TO COOK, PLANNING MEALS AND SHOPPING, and **YOUNG HOMEMAKER'S COOKBOOK,** by Ann Weaver, is a series of basic homemaking worktexts plus a beginning cookbook. These are available in sets of 10 copies which include a teacher guide for each title. The cost per set is $36.00 and are available from Fearon Education, 500 Harbor Boulevard, Belmont, CA 94002. Individual books are priced at $3.60.

RECIPES ON COMPUTER DISKS

Another interesting source of recipes is via your computer. Some companies are coming out with programs to help out in the kitchen. From Public Brand Software, P.O. Box 51315, Indianapolis, IN 46251 are two Apple program disks priced at $5.00 each plus $5 postage and handling. These are public domain software. **Your Recipes** is a compilation of recipes sent in by persons familiar with the company. There are 3 volumes on this disk. This program requires HK 13.0 program to use it. **HK 13.0** is **A>Recipes,** a listing of over 125 high quality recipes ranging from appetizers to zucchini. This program has the capability to adjust serving sizes. You can print the recipes and create shopping lists but cannot add more recipes.

Florida PC Library has listed in their latest catalog the following program disks for IBM computers. #1777 **RECIPES, Ver. 1.0** helps plan meals and contains over 125 recipes. It will adjust the number of servings and print recipes. #2010 **COMPUTER BAKER** will show you the ingredients and how to bake 99 different goodies. #1277 **MEALMATE,** Ver. 3.2 is designed for the diabetic for glucose level control. It is invaluable to anyone who wishes to precisely control intake. These are all available from Shareware+, P.O. Box 1070, Leesburg, FL 34749. The cost is $1.50 each for 5.25" disks, or $2.75 for 3.5" disks plus $5.00 postage and handling.

CASSETTE TAPE COOKBOOKS

V.I.P. RECIPES, edited by Susan Vlahas Ponchellia and Lucy Edmonds can be ordered from Kalamazoo Federation of the Blind, 8614 Frederick Drive, Portage MI 49081 at a cost of $7.50.

CANADIAN COOKBOOK, by N. Pattinson is narrated by Trish Robinson. There are 22 cassettes. The original price was $5.15 per 90 minute cassette. This has probably changed. They are available from Crane Memorial Library, University of British Columbia, 1874 East Mall, Vancouver, BC V6T 1W5.

THE MICROWAVE TIMES, is a bimonthly magazine available on cassette. The cost is $31.00 per year for the cassette version. Contact C L Productions, 1905 Bershire Lane, Mesquite, TX 75150 for information.

Answers to quiz on back page: 1. **D.** The terms "light" and "lite" are often ambiguous. Many manufacturers use these terms to describe the taste, texture or color of a product; however, most consumers assume the term refers to less fat or fewer calories. When used on meat and poultry items the term indicates that the product is 25% lower in fat, calories or sodium than usual. 2. **C.** Butter and margarine both contain 4 grams of fat and 36 calories per teaspoon. Margarine that lists liquid oil as the first ingredient is your best choice. Reduced fat margarines have 1/3 to 1/2 less fat and calories. 3. **A.** Cheeseburgers weigh in at 15 grams fat, 320 calories. Fried fish and chicken sandwiches have about 33 grams fat and 520 calories. Speciality sandwiches can contain a whopping 36 grams fat and 620 calories. Biscuit and croissant sandwiches are loaded with fat. 4. **B, D, and E.** These cookies also contain fewer calories than most cookies. 5. **A** and **D.** Contrary to popular belief, not all white cheeses are low in fat. One ounce of Swiss or Monteray Jack cheese contain the equivalent of 2 teaspoons of butter. 6. **E.** The American Heart Association recommends that saturated fat make up no more than 10% of the diet. Coconut and palm oils are used extensively in commercial foods, even where you would not expect to see them, i.e., many brands of granola, non-dairy creamers, snack crackers and shortening.

OTHER SOURCES OF COOKBOOKS

THE NATIONAL DAIRY COUNCIL, Rosemont, IL 60018-4233 or area Dairy Council of Michigan offices have many good pamphlets available for a nominal cost or free.

If you are a collector of cookbooks, **GOURMET GUIDES**, available from The Cannery 2801 Leavenworth Street, San Francisco, CA 94133, has lists of cookbooks for professional chefs, serious

cooks and experienced travelers. They claim to have the world's largest selection of baking books, charity organization cookbooks, vegetable, fruit and nut books, vegetarian and natural food books, and many other topics.

MICHIGAN AGRICULTURAL EXPERIMENT STATION AND MICHIGAN COOPERATIVE EXTENSION SERVICE also have various materials available. Experiment Stations and Cooperative Extension Service offices in other states would also have some materials available. Check your local telephone directory for phone number.

R. Woods, The Consumer Information Center, P.O. Box 100, Pueblo, CO 81002 has an interesting list of bulletins available, some are free for the asking. For example:

MAKING BAG LUNCHES, SNACKS AND DESSERTS, #173V, priced at $2.50, contains recipes and ideas for creative hot and cold lunches. It offers new snack ideas and desserts with less fat and sugar.

SHOPPING FOR FOOD AND MAKING MEALS IN MINUTES, #174V, is priced at $3.00. It has time saving recipes and quick-to-fix foods.

FISH AND SEAFOOD MADE EASY, #476 V, is priced at 50 cents. It contains tips on how to select, store and prepare fish and shellfish. It includes recipes, suggested spices and sauces and a chart comparing taste and texture of most seafoods.

THRIFTY MEALS FOR TWO, #123 V is priced at $2.50. This book has been developed especially for the older couple on a limited budget. It contains a guide on how to shop for and prepare hearty, nutritious and economical meals. It includes menus and recipes.

A WORD ABOUT LOW SODIUM DIETS, #524 V is free. It contains tips on how to reduce sodium intake and gives recipes for salt substitutes.

FAT FOOD QUIZ

Americans typically consume 37% of their calories as fat. This is far above the desired level of 30% or less as recommended by the American Heart Association. See how you rate on this quiz!

1. If "light" or "lite" is stated on a food package label, it means the product is: a) lower in calories, b) lower

in fat, c) lighter in color, d) it has no legal definition, unless the item it refers to is a meat product.

2. Which contains more fat and calories? a) butter, b) margarine, c) they contain the same amount.

3. Which fast food burger typically contains the least amount of fat? a) cheese burger, b) fish sandwich, c) specialty burger (i.e. Big Mac, Whopper, Bacon Cheeseburger, etc.).

4. Most cookies are high in fat; however, three types of cookies in this list are low in fat, which are they? a) oatmeal, b) Fig Newtons c) chocolate chip, d) animal crackers, e) gingersnaps, (f) peanut butter.

5. Lower fat cheeses include which two of the following? a) cottage cheese, b) Swiss, c) monteray jack, d) part skim mozzarella.

6. Saturated fats, which can raise blood cholesterol, are found in: a) animal products, (i.e. meats, dairy foods, eggs), b) non-dairy creamers, c) palm oil and coconut oil, d) corn oil and safflower oil, e) a,b and c.

Support for and continuing information about the **PAM Assistance Centre**, the **Living and Learning Resource Centre** and **PIAM** activities (through receipt of the publications PAM REPEATER, GRAM FROM PAM, PIAM NEWS and LLRC bulletins) accompany a **PIAM** membership. Use the membership form below or contact **PIAM** directly for membership information and material.

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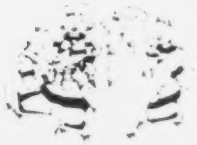

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